

Morning Meeting Song

This catchy tune is a great choice for any morning meeting activity because it combines movement, music, and mindfulness.

Follow along with the video here:
<https://youtu.be/knrjmQ-aRcU>



Listen to the MP3 only here:
<https://www.yourtherapysource.com/wp-content/uploads/2025/02/Morning-Meeting-Cross-Crawls-2.mp3>



Morning Meeting Song

Good morning, friends! Let's start with some moves,
Get ready to march and find your groove.
Touch your right hand to your left knee,
Now switch it up—what fun this can be!
Keep it going, right to left, and left to right,
We're crossing and moving, feeling just right!

I am strong, I am smart, I am kind, I am brave,
I can grow, I can learn, and great choices I'll make!
Every day is a chance to shine and do my best,
Together we can rise and feel happiness!

Let's keep on marching as we sing this song,
Cross your hands to knees—just follow along!
Moving and learning, we're ready to go,
Our minds and our bodies are starting to grow.

I am strong, I am smart, I am kind, I am brave,
I can grow, I can learn, and great choices I'll make!
Every day is a chance to shine and do my best,
Together we can rise and feel happiness!

Now slow it down, take a deep breath in,
Let it out slow—feel calm from within.
Roll your shoulders, shake out the rest,
Now sit up tall, feeling focused and fresh.

Great job, friends! Now let's take a breath,
In through your nose, and out with no stress.
We're ready to learn, together we'll play,
Let's make this a wonderful day!

